

**Free & Confidential Crisis Intervention
& Prevention Line**

434-230-9704

**Staffed by highly trained paraprofessional volunteers and crisis line workers
Available 24 hours a day, 7 days a week, 365 days a year**

Do you need help with...

**Feelings of anxiety, depression and overwhelm • Suicidal thoughts yourself or others •
Relationship difficulties • Family dynamics • Information and support with mental
health/illness • Homelessness • Trauma • Loneliness • Substance Use • Bullying •
Discrimination • Financial problems • Issues affecting youth**

Talk with the Regional Crisis Call Center!

Talk with an empathic person who cares about you
Find referrals to mental health and other community services
Get ideas and tips about how to help someone you're concerned about

What to expect when you call:

A safe place to share your thoughts, feelings and experiences.
A warm space to weigh out your options and needs.
Information and referral to additional care post-call.
Safety planning when you are struggling with suicidal thoughts.
Someone to listen when you feel most alone.

You can learn more about PRS CrisisLink at www.prsinc.org/crisislink